

**ARIZONA DEPARTMENT OF CORRECTIONS  
ADULT MALE GENERAL POPULATION: LEVEL 1 & 2  
WEEKLY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

**Menu Week 1**

	Day 1	Meal #	Day 2	Meal #	Day 3	Meal #	Day 4	Meal #	Day 5	Meal #	Day 6	Meal #	Day 7	Meal #
	MONDAY	1	TUESDAY	4	WEDNESDAY	7	THURSDAY	10	FRIDAY	13	SATURDAY	16	SUNDAY	18
B	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG
R	Pancakes, 4"	3 Each	Refried Beans	3/4 Cup	Pancakes, 4"	3 Each	Scrambled Egg	3 WZ	French Toast Bake	1/40 Slice	Beverage	1 Cup	Beverage	1 Cup
E	Syrup	2 FZ			Syrup	2 FZ	Grilled Potatoes	1/2 Cup	Syrup	2 FZ	Cold Cereal	1 Cup	Cold Cereal	1 Cup
A	Sausage Patty®	2 WZ	Potatoes & Chorizo	1/2 Cup	Sausage Patty®	2 WZ	Wheat Bread	2 Slice	Grilled Potatoes	1/2 Cup	T Ham & Potato Hash	1 1/4 cup	Pancakes	4 Each
K			Flour Tortillas	2 Each			Jelly	1 Tbsp			Casserole	1 1/4 cup	Syrup	2 FZ
F	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Wheat Bread	2 Slice	Scrambled Egg	4 WZ		
A	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Peanut Butter & Jelly Mix	3 WZ	Fried T Bologna	2 WZ
S	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	(2 oz PB/ 1 oz jelly)		Margarine	2 tsp
T	Beverage	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Coffee	2 Cup	Coffee	2 Cup
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Sugar Sub	2 Each	Sugar Sub	2 Each
	Meal # 2		Meal # 5		Meal # 8		Meal # 11		Meal # 14		Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	<b>Weekend Modified Meal</b>			<b>Weekend Modified Meal</b>
L	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Hours will be from:			Hours will be from:
U	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	7:00 AM to 9:00 AM			7:00 AM to 9:00 AM
N														
C														
H	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each				
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each				
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC				
	Meal # 3		Meal # 6		Meal # 9		Meal # 12		Meal # 15		Meal # 17		Meal # 19	
D	Chili con Carne	3/4 Cup	Pasta with Meat Sauce	3/4 Cup	Stroganoff Potato Casserole	1 1/4 Cup	Baked Chicken	3 WZ	Yakisoba Casserole	1 1/2 Cup	Jambalaya	1 1/2 Cup	Salisbury Patty ®	4 WZ
I	Steamed Rice	1/2 Cup					Country Gravy	3 FZ					Brown Gravy	3 FZ
N	Shredded Cheese	1/2 WZ					Mashed Potatoes	3/4 Cup					Mashed Potatoes	1 Cup
N	Broccoli	1/2 Cup	Green Beans	1/2 Cup	Mixed Vegetables	1/2 Cup	Steamed Cabbage	1/2 Cup	Broccoli	1/2 Cup	Carrots	1/2 Cup	Green Beans	1/2 Cup
N			Tossed Salad	3/4 Cup	Tossed Salad	3/4 Cup					Pinto Beans	1 Cup		
E	With Dressing	1 FZ	with Dressing	1 FZ	with Dressing	1 FZ								
R	Cornbread	1 Slice	Garlic Bread	2 Slice	Wheat Dinner Roll	1 Each	Wheat Dinner Roll	1 Each	Wheat Dinner Roll	1 Each	Biscuit	1 Each	Wheat Bread	2 Slice
Margarine	2 tsp				Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp
Glazed Cake	1 Slice	Glazed Cake	1 Slice	Pudding	1/2 Cup	Cookies	2 Each	Glazed Cake	1 Slice	Pudding	1/2 Cup	Glazed Cake	1 Slice	
Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	
Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

\*Inmates housed in Detention Units (CDUs) will be served this menu with the following substitutions:  
Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup

**ARIZONA DEPARTMENT OF CORRECTIONS**  
**ADULT MALE GENERAL POPULATION: LEVEL 1 & 2**  
**WEEKLY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

**Menu Week 2**

	Day 1 MONDAY	Meal # 20	Day 2 TUESDAY	Meal # 23	Day 3 WEDNESDAY	Meal # 26	Day 4 THURSDAY	Meal # 29	Day 5 FRIDAY	Meal # 32	Day 6 SATURDAY	Meal # 35	Day 7 SUNDAY	Meal # 37
B	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG
R	Refried Beans	3/4 Cup	Pancakes, 4"	3 Each	Scrambled Egg	3 WZ	Sausage Gravy	3/4 Cup	Pancakes, 4"	3 Each	Beverage	1 Cup	Beverage	1 Cup
E	Syrup	2 FZ	Grilled Potatoes	1/2 Cup	Jelly	1 Tbsp	Biscuits	2 Each	Sausage Patty®	2 WZ	Cold Cereal	1 Cup	Cold Cereal	1 Cup
A	Potatoes w/ Chorizo	1/2 Cup	Fried T Bologna	2 WZ	Wheat Bread	2 Slice	Grilled Potatoes	3/4 Cup	Margarine	2 tsp	Scrambled Egg	4 WZ	T Ham	2 WZ
K	Corn Tortillas	3 Each			Jelly	1 Tbsp	Biscuits	2 Each	Sausage Patty®	2 WZ	T Ham	2 WZ	Refried Beans	1/2 Cup
F	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp			Margarine	2 tsp	Grilled Potatoes	1/2 Cup	Potatoes w/ Chorizo	1 Cup
A	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Peanut Butter & Jelly Mix	3 WZ	Shredded Cheese	1 WZ
S	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	(2 oz PB/ 1 oz jelly)		Corn Tortillas	3 Each
T	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Coffee	2 Cup	Coffee	2 Cup
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Sugar Sub	2 Each	Sugar Sub	2 Each
	Meal # 21		Meal # 24		Meal # 27		Meal # 30		Meal # 33		Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
T	Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Weekend Modified Meal		Weekend Modified Meal	
L	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Hours will be from:		Hours will be from:	
U	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	7:00 AM to 9:00 AM		7:00 AM to 9:00 AM	
N														
C														
H	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each				
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each				
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC				
	Meal # 22		Meal # 25		Meal # 28		Meal # 31		Meal # 34		Meal # 36		Meal # 38	
	Stir Fry with Meat & Veg	1 Cup	Pasta with Meat Sauce	3/4 Cup 1/2 Cup	Burrito Mix (meat & bean) Flour Tortillas Spanish Rice	1 Cup 2 Each 1/2 Cup	Meat & Cheese Pizza (1/14)	2 Slice	Sloppy Joe Mix on Wheat Bun Pasta Salad	1/2 Cup 1 Each 1 Cup	Chili Macaroni Casserole Ranch Beans	1 1/2 Cup 1 Cup	Burger Patty® Sliced Cheese Scalloped Potatoes Pickle Chips	4 WZ 1/2 WZ 3/4 Cup 2 Each
D	Steamed Rice	3/4 Cup	Mixed Vegetables	1/2 Cup	Carrots	1/2 Cup	Soup of Day	1 Cup			Mixed Vegetables	1/2 Cup	Pinto Beans	1 Cup
I	Green Beans	1/2 Cup	Tossed Salad	3/4 Cup	Salsa	2 FZ	Macaroni Salad	3/4 Cup	Coleslaw	1/2 Cup	Ranch Beans	1 Cup	Ketchup	1 FZ
N			with Dressing											
N														
E	Biscuit	1 Each	Garlic Bread	2 Slice							Cornbread	1 Slice	Mustard	1 Tbsp
R	Margarine	2 tsp	Glazed Cake	1 Slice	Pudding	1/2 Cup	Pudding	1/2 Cup	Glazed Cake	1 Slice	Margarine	2 tsp	Wheat Bun	1 Each
P	Pudding	1/2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Cookies	2 Each	Glazed Cake	1 Slice
B	Beverage	2 Cup									Beverage	2 Cup	Beverage	2 Cup
S	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC  
Beverage 1 PC = 1 cup\*Inmates housed in Detention Units (CDUs) will be served this menu with the following substitutions:  
Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup

**ARIZONA DEPARTMENT OF CORRECTIONS**  
**ADULT MALE GENERAL POPULATION: LEVEL 1 & 2**  
**WEEKLY CYCLE MENUS**

ADC Contract No. 120094DC

Menu Week 3

December 3, 2018

	Day 1 MONDAY	Meal # 39	Day 2 TUESDAY	Meal # 42	Day 3 WEDNESDAY	Meal # 45	Day 4 THURSDAY	Meal # 48	Day 5 FRIDAY	Meal # 51	Day 6 SATURDAY	Meal # 54	Day 7 SUNDAY	Meal # 56	
B	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG	
R	Pancakes, 4"	3 Each	Scrambled Egg	3 WZ	Pancakes, 4"	3 Each	French Toast Bake	1/40 Slice	Refried Beans	3/4 Cup	Beverage	1 Cup	Beverage	1 Cup	
E	Syrup	2 FZ	Grilled Potatoes	1/2 Cup	Syrup	2 FZ	Syrup	2 FZ			Cold Cereal	1 Cup	Cold Cereal	1 Cup	
A	Sausage Patty®	2 WZ	Biscuits	2 Each	Sausage Patty®	2 WZ	Grilled Potatoes	1/2 Cup	Potatoes w/ Chorizo	1/2 Cup	Ground Meat & Potato Hash		Scrambled Egg	4 WZ	
K		Jelly	1 Tbsp						Corn Tortillas	3 Each	Casserole	1 1/4 cup	Sausage Gravy	1 Cup	
F	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Wheat Bread	2 Slice	Grilled Potatoes	1 Cup	
A	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Peanut Butter & Jelly Mix	3 WZ	Biscuits	2 Each	
S	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	(2 oz PB/ 1 oz jelly)		Margarine	2 tsp	
T	Beverage	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Coffee	2 Cup	Coffee	2 Cup	
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	
		Meal # 40		Meal # 43		Meal # 46		Meal # 49		Meal # 52		Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	
	Peanut Butter & Jelly Mb	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Weekend Modified Meal		Weekend Modified Meal		
L	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Hours will be from:		Hours will be from:		
U	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	7:00 AM to 9:00 AM		7:00 AM to 9:00 AM		
N															
C	H Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each					
H															
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each					
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC					
		Meal # 41		Meal # 44		Meal # 47		Meal # 50		Meal # 53		Meal # 55		Meal # 57	
	Pozole	1 1/2 Cup	T Sausage & Cheese Pizza	2 Slice	Roast Beef	3 WZ	Salisbury Patty®	4 WZ	Tamale Pie	1 Cup	Baked Chicken	3 WZ	Poultry ala King	3/4 Cup	
D	Pinto Beans	1 Cup	(1/14)		Brown Gravy	3 FZ	Brown Gravy	3 FZ	over Cornbread	1 Slice	Poultry Gravy	3 FZ	with Rice	1 Cup	
N	Corn	1/2 Cup			Mashed Potatoes	3/4 Cup	Herbed Noodles	3/4 Cup			Mashed Potatoes	3/4 Cup			
N	I Shredded Cabbage	1/2 Cup	Carrots	1/2 Cup	Mixed Vegetables	1/2 Cup	Steamed Cabbage	1/2 Cup	Spanish Rice	1/2 Cup	Bread Dressing	1 Cup	Mixed Vegetables	1/2 Cup	
N			Pasta Salad	3/4 Cup					Pinto Beans	1 Cup	Carrots	1/2 Cup	Coleslaw	3/4 Cup	
E	Flour Tortilla	2 Each			Wheat Bread	2 Slice	Wheat Bread	2 Slice			Wheat Dinner Roll	1 Each	Wheat Dinner Roll	1 Each	
R					Margarine	2 tsp	Margarine	2 tsp	Salsa	2 FZ	Margarine	2 tsp	Margarine	2 tsp	
	Cookies	2 Each	Pudding	1/2 Cup	Glazed Cake	1 Slice	Glazed Cake	1 Slice	Cookies	2 Each	Glazed Cake	1 Slice	Glazed Cake	1 Slice	
	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

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Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

\*Inmates housed in Detention Units (CDUs) will be served this menu with the following substitutions:  
Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup

**ARIZONA DEPARTMENT OF CORRECTIONS**  
**ADULT MALE GENERAL POPULATION: LEVEL 1 & 2**  
**WEEKLY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

**Menu Week 4**

	Day 1 Meal # MONDAY	Day 2 Meal # TUESDAY	Day 3 Meal # WEDNESDAY	Day 4 Meal # THURSDAY	Day 5 Meal # FRIDAY	Day 6 Meal # SATURDAY	Day 7 Meal # SUNDAY	Meal # 75
B	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Hot Cereal 1 Cup	Fruit 1 SVG	Fruit 1 SVG	
R	Pancakes, 4" 3 Each	Scrambled Egg 3 WZ	Sausage Gravy 3/4 Cup	Scrambled Egg 3 WZ	Pancakes, 4" 3 Each	Beverage 1 Cup	Beverage 1 Cup	
E	Syrup 2 FZ	Grilled Potatoes Wheat Bread	Grilled Potatoes 2 Slice	Grilled Potatoes 1/2 Cup	Wheat Bread 2 Each	Cold Cereal 1 FZ	Cold Cereal 1 Cup	
A		Jelly 1 Tbsp	Biscuits 2 Biscuits		Jelly 1 Tbsp	T Ham 2 WZ	Pancakes 4 Each	
K	Sausage Patty® 2 WZ	Margarine 2 tsp	Margarine 2 tsp		Fried T Bologna 2 Slice	Refried Beans 3/4 Cup	Syrup 2 FZ	
F	Margarine 2 tsp	Sugar Sub 2 Each	Sugar Sub 2 Each		Margarine 2 tsp	Potatoes w/ Chorizo 1 Cup	Cheese Potato Hash 1 Cup	
A	Sugar Sub 2 Each	Coffee 2 Cup	Coffee 2 Cup		Sugar Sub 2 Each	Salsa 2 FZ	Sausage Patty® 2 WZ	
S	Coffee 2 Cup	Beverage 1 Cup	Low Fat Milk 1 Cup		Coffee Sub 2 Each	Corn Tortillas 3 Each	Margarine 2 tsp	
T	Low Fat Milk 1 Cup		Low Fat Milk 1 Cup		Beverage 1 Cup	Coffee 2 Cup	Coffee 2 Cup	
	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each		Salt & Pepper Pkt 1 Each	Sugar Sub 2 Each	Sugar Sub 2 Each	
	Meal # 59	Meal # 62	Meal # 65	Meal # 68	Meal # 71	Low Fat Milk 1 Cup	Low Fat Milk 1 Cup	
T	Bologna 2 WZ	T Ham 2 WZ	T Salami 2 WZ	T Bologna 2 WZ	T Ham 2 WZ	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	
	Peanut Butter & Jelly Mix 2 WZ	Peanut Butter & Jelly Mix 2 WZ	Peanut Butter & Jelly Mix 2 WZ	Peanut Butter & Jelly Mix 2 WZ	Peanut Butter & Jelly Mix 2 WZ	Weekend Modified Meal	Weekend Modified Meal	
L	Mustard 1 Pkt	Salad Dressing 1 Pkt	Mustard 1 Pkt	Mustard 1 Pkt	Salad Dressing 1 Pkt	Hours will be from:	Hours will be from:	
U	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	Wheat Bread 4 Slice	7:00 AM to 9:00 AM	7:00 AM to 9:00 AM	
N								
C								
H	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each	Snack of the Day 1 Each			
	Cookie 1 Each	Cookie 1 PC	Cookie 1 Each	Cookie 1 PC	Cookie 1 Each			
	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC	Beverage 1 PC			
	Meal # 60	Meal # 63	Meal # 66	Meal # 69	Meal # 72	Meal # 74	Meal # 76	
D	Stir Fry with Meat & Veg 1 Cup	Stroganoff Potato Casserole 1 1/2 Cup	Oven Fried Chicken 3 WZ	Meat Loaf 4 WZ	Sloppy Joe Mix 1/2 Cup	Burger Patty® 4 WZ	Country Stew 1 1/2 Cup	
I	Steamed Rice 3/4 Cup	Mixed Vegetables 1/2 Cup	Chicken Gravy 3 FZ	Brown Gravy 3 FZ	on Wheat Bun 1 Each	Sliced Cheese 1/2 WZ	Steamed Rice 1 Cup	
N	Mixed Vegetables 1/2 cup	Tossed Salad with Dressing 1 FZ	Mashed Potatoes 3/4 Cup	Steamed Rice 3/4 Cup	Macaroni Salad 1 Cup	Scalloped Potatoes 3/4 Cup		
N			Green Beans 1/2 Cup	Broccoli 1/2 Cup		Ketchup 1 FZ	Ranch Beans 1 Cup	
E	Biscuit 1 Each	Whet Dinner Roll 1 Each	Wheat Dinner Roll 1 Each	Wheat Bread 2 Slice		Pinto Beans 3/4 Cup	Mixed Vegetables 1/2 Cup	
R	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp	Margarine 2 tsp		Mustard 1 Tbsp		
Pudding	1/2 Cup	Pudding 1/2 Cup	Glazed Cake 1 Slice	Glazed Cake 1 Slice		Wheat Bun 1 Each	Cornbread 1 Slice	
Beverage	2 Cup	Beverage 2 Cup	Beverage 2 Cup	Beverage 2 Cup		Pickle Chips 2 Each	Margarine 2 tsp	
Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each		Glazed Cake 1 Slice	Pudding 1/2 Cup	
						Beverage 2 Cup	Beverage 2 Cup	
						Salt & Pepper Pkt 1 Each	Salt & Pepper Pkt 1 Each	

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Beverage 1 PC = 1 cup

\*Inmates housed in Detention Units (CDUs) will be served this menu with the following substitutions:  
Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup

**ARIZONA DEPARTMENT OF CORRECTIONS**  
**ADULT MALE GENERAL POPULATION: LEVEL 1 & 2**  
**WEEKLY CYCLE MENUS**

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December 3, 2018

**Menu Week 5**

	Day 1 MONDAY	Meal # 77	Day 2 TUESDAY	Meal # 80	Day 3 WEDNESDAY	Meal # 83	Day 4 THURSDAY	Meal # 86	Day 5 FRIDAY	Meal # 89	Day 6 SATURDAY	Meal # 92	Day 7 SUNDAY	Meal # 94
B	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG						
R	French Toast Bake	1/40 Slice	Refried Beans	3/4 Cup	Pancakes, 4"	3 Each	Scrambled Egg	3 WZ	Pancakes, 4"	3 Each	Beverage	1 Cup	Beverage	1 Cup
E	Syrup	2 FZ			Syrup	2 FZ	Grilled Potatoes	1/2 Cup	Syrup	2 FZ	Cold Cereal	1 Cup	Cold Cereal	1 Cup
A	Grilled Potatoes	1/2 Cup	Potatoes w/ Chorizo	1/2 Cup	Sausage Patty®	2 WZ	Biscuits	2 Each	Sausage Patty®	2 WZ	T Ham & Potato Hash Casserole	1 1/4 cup	Pancakes, 4"	4 Each
K			Corn Tortillas	3 Each			Jelly	1 Tbsp			Scrambled Egg	2 FZ		
F	Margarine	2 tsp	Margarine	2 tsp	Wheat Bread	2 Slice	T Ham	4 WZ						
A	Sugar Sub	2 Each	Sugar Sub	2 Each	Peanut Butter & Jelly Mix	3 WZ	Margarine	2 tsp						
S	Coffee	2 Cup	Coffee	2 Cup	(2 oz PB/ 1 oz jelly)		Coffee	2 Cup						
T	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Coffee	2 Cup	Coffee	2 Cup
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Sugar Sub	2 Each	Sugar Sub	2 Each						
	Meal # 78		Meal # 81		Meal # 84		Meal # 87		Meal # 90		Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
T	Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Weekend Modified Meal		Weekend Modified Meal	
L	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Hours will be from:		Hours will be from:	
U	Wheat Bread	4 Slice	Wheat Bread	4 Slice	7:00 AM to 9:00 AM		7:00 AM to 9:00 AM							
N														
C														
H	Snack of the Day	1 Each	Snack of the Day	1 Each										
	Cookie	1 Each	Cookie	1 Each										
	Beverage	1 PC	Beverage	1 PC										
	Meal # 79		Meal # 82		Meal # 85		Meal # 88		Meal # 91		Meal # 93		Meal # 95	
D	Chicken or Turkey Salad	1/2 Cup	Meat Loaf	4 WZ	T-Hot Dogs	2 Each	T Sausage & Cheese Pizza	2 Slice	Green Chile Stew over Steamed Rice	3/4 Cup	Burger Patty®	4 WZ	Pasta	3/4 Cup
I	Pinto Beans	1 Cup	Brown Gravy	3 FZ	Ranch Beans	3/4 Cup	(1/14)			3/4 Cup	Sliced Cheese	1/2 WZ	with Meat Sauce	3/4 Cup
N			Mashed Potatoes	1 Cup	Wheat Bun	2 Each					Potato Salad	3/4 Cup		
N	Carrots	1/2 Cup	Broccoli	1/2 Cup	Diced Onions	1 tbsp	Mixed Vegetables	1/2 Cup	Refried Beans	1/2 Cup	Ranch Beans	1 Cup	Onion Slices	1/2 WZ
E					Macaroni Salad	3/4 Cup	Pasta Salad	3/4 Cup	Coleslaw	1/2 Cup	Pickle Chips	2 Each	Carrots	1/2 Cup
R	Wheat Bun	1 Each	Wheat Bread	2 Slice	Mustard	1 tbsp					Mustard	1 Tbsp	Tossed Salad	3/4 Cup
	Glazed Cake	1 Slice	Pudding	1/2 Cup	Ketchup	1 tbsp					Garlic Bread	2 Slice		
	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Pudding	1/2 Cup	Flour Tortillas	2 Each	Wheat Bun	1 Each		
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Beverage	2 Cup	Margarine	2 tsp	Garlic Bread	2 Slice		

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

\*Inmates housed in Detention Units (CDUs) will be served this menu with the following substitutions:  
Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup

**ARIZONA DEPARTMENT OF CORRECTIONS**  
**ADULT MALE GENERAL POPULATION: LEVEL 1 & 2**  
**WEEKLY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

**Menu Week 6**

	Day 1 MONDAY	Meal # 96	Day 2 TUESDAY	Meal # 99	Day 3 WEDNESDAY	Meal # 102	Day 4 THURSDAY	Meal # 105	Day 5 FRIDAY	Meal # 108	Day 6 SATURDAY	Meal # 111	Day 7 SUNDAY	Meal # 113	
B	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG	
R	Scrambled Egg	3 WZ	Pancakes, 4"	3 Each	Ground Meat & Potato Hash Casserole	1 1/4 cup	Sausage Gravy	3/4 Cup	Pancakes, 4"	3 Each	Beverage	1 Cup	Beverage	1 Cup	
E	Grilled Potatoes	1/2 Cup	Syrup	2 FZ					Syrup	2 FZ	Cold Cereal	1 Cup	Cold Cereal	1 Cup	
A	Wheat Bread	2 Slice	Sausage Patty®	2 WZ			Grilled Potatoes	3/4 Cup	Sausage Patty®	2 WZ	T Ham	2 WZ	Scrambled Egg	4 WZ	
K	Jelly	1 Tbsp			Wheat Bread	2 Slice	Biscuits	2 Each	Margarine	2 tsp	Refrid Beans	3/4 Cup	T Ham	2 WZ	
F	Margarine	2 tsp	Margarine	2 tsp					Sugar Sub	2 Each	Potatoes w/ Chorizo	1 Cup	Grilled Potatoes	1/2 Cup	
A	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each			Coffee	2 Cup	Salsa	2 FZ	Wheat Bread	2 Slice	
S	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup				2 Cup	Shredded Cheese	1 WZ	Peanut Butter & Jelly Mix	3 WZ	
T	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Corn Tortillas	3 Each	(2 oz PB/ 1 oz jelly)		
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Coffee	2 Cup	Coffee	2 Cup	
		Meal # 97		Meal # 100		Meal # 103		Meal # 106		Meal # 109		Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	
	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ			Weekend Modified Meal	Weekend Modified Meal	
L	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt			Hours will be from:	Hours will be from:	
U	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice			7:00 AM to 9:00 AM	7:00 AM to 9:00 AM	
N															
C															
H	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each					
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each					
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC					
		Meal # 98		Meal # 101		Meal # 104		Meal # 107		Meal # 110		Meal # 112		Meal # 114	
	Taco Meat Mix	3 WZ	Poultry Fried Rice	1 1/4 Cup	Burrito Mix (Meat & Bean)	1 Cup	Baked Chicken	3 WZ	Salisbury Patty ®	4 WZ	Green Chili Stew over Rice	3/4 Cup	Chili Macaroni	1 1/2 Cup	
	Shredded Cheese	1/2 WZ			Flour Tortillas	2 Each	with BBQ Sauce	1 FZ	Brown Gravy	3 FZ		1 Cup			
	Corn Tortillas	2 Each			Spanish Rice	1/2 Cup	Ranch Beans	3/4 Cup	Mashed Potatoes	1 Cup					
D	Spanish Rice	1/2 Cup					Pasta Salad	3/4 Cup							
I	Refried Beans	1 Cup	Mixed Vegetables	1/2 Cup					Carrots	1/2 Cup	Mixed Vegetables	1/2 Cup	Carrots	1/2 Cup	
N			Tossed Salad	3/4 Cup	Coleslaw	1/2 Cup					Ranch Beans	1 Cup	Pinto Beans	1 Cup	
N	Shredded Lettuce	1/4 Cup	with Dressing	1 FZ	Salsa	2 FZ									
E			Wheat Dinner Roll	1 Each			Wheat Dinner Roll	1 Each	Wheat Bread	2 Slice	Corn Tortillas	2 Each	Cornbread	1 Slice	
R	Salsa	2 FZ	Margarine	2 tsp			Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	
G	Glazed Cake	1 Slice	Pudding	1/2 Cup	Glazed Cake	1 Slice	Pudding	1/2 Cup	Pudding	1/2 Cup	Glazed Cake	1 Slice	Cookies	2 Each	
B	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC  
Beverage 1 PC = 1 cup\*Inmates housed in Detention Units (CDUs) will be served this menu with the following substitutions:  
Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup

**ARIZONA DEPARTMENT OF CORRECTIONS  
ADULT MALE GENERAL POPULATION: LEVEL 3 & 4  
WEEKLY TEMPORARY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

**Menu Week 1**

	Day 1	Meal #	Day 2	Meal #	Day 3	Meal #	Day 4	Meal #	Day 5	Meal #	Day 6	Meal #	Day 7	Meal #
	MONDAY	1	TUESDAY	4	WEDNESDAY	7	THURSDAY	10	FRIDAY	13	SATURDAY	16	SUNDAY	18
B	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG
R	Pancakes, 4"	3 Each	Refried Beans	3/4 Cup	Pancakes, 4"	3 Each	Scrambled Egg	3 WZ	French Toast Bake	1/40 Slice	Beverage	1 Cup	Beverage	1 Cup
E	Syrup	2 FZ			Syrup	2 FZ	Grilled Potatoes	1/2 Cup	Syrup	2 FZ	Cold Cereal	1 Cup	Cold Cereal	1 Cup
A	Sausage Patty®	2 WZ	Potatoes & Chorizo	1/2 Cup	Sausage Patty®	2 WZ	Wheat Bread	2 Slice	Grilled Potatoes	1/2 Cup	T Ham & Potato Hash		Pancakes	4 Each
K			Flour Tortillas	2 Each			Jelly	1 Tbsp			Casserole	1 1/4 cup	Syrup	2 FZ
F	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Wheat Bread	2 Slice	Scrambled Egg		Scrambled Egg	4 WZ
A	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Peanut Butter & Jelly Mix	3 WZ	Fried T Bologna	2 WZ
S	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	(2 oz PB/ 1 oz jelly)		Margarine	2 tsp
T	Beverage	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Coffee	2 Cup	Coffee	2 Cup
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Sugar Sub	2 Each	Sugar Sub	2 Each
		Meal # 2		Meal # 5		Meal # 8		Meal # 11		Meal # 14				
	Chili con Carne	3/4 Cup	Pasta with Meat Sauce	3/4 Cup	Stroganoff Potato Casserole	1 1/4 Cup	Baked Chicken	3 WZ	Yakisoba Casserole	1 1/2 Cup	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
	Steamed Rice	1/2 Cup					Country Gravy	3 FZ						
L	Shredded Cheese	1/2 WZ					Mashed Potatoes	3/4 Cup						
U	Broccoli	1/2 Cup	Green Beans	1/2 Cup	Mixed Vegetables	1/2 Cup	Steamed Cabbage	1/2 Cup	Broccoli	1/2 Cup				
N			Tossed Salad with Dressing	3/4 Cup	Tossed Salad with Dressing	3/4 Cup								
C							Bread Dressing	1 Cup						
H	Cornbread	1 Slice	Garlic Bread	2 Slice	Wheat Dinner Roll	1 Each	Wheat Dinner Roll	1 Each	Wheat Dinner Roll	1 Each				
	Margarine	2 tsp			Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp				
	Glazed Cake	1 Slice	Glazed Cake	1 Slice	Pudding	1/2 Cup	Cookies	2 Each	Glazed Cake	1 Slice				
	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup				
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each				
		Meal # 3		Meal # 6		Meal # 9		Meal # 12		Meal # 15		Meal # 17		Meal # 19
	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	Jambalaya	1 1/2 Cup	Salisbury Patty®	4 WZ
	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Brown Gravy		Mashed Potatoes	3 FZ
D	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt				1 Cup
I	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Carrots	1/2 Cup	Green Beans	1/2 Cup
N											Pinto Beans	1 Cup		
E	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Biscuit	1 Each	Wheat Bread	2 Slice
R											Margarine	2 tsp	Margarine	2 tsp
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Pudding	1/2 Cup	Glazed Cake	1 Slice
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	2 Cup	Beverage	2 Cup
											Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

\*Inmates housed in Detention Units (CDUs) will be served this menu with the following substitutions:  
Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup

**ARIZONA DEPARTMENT OF CORRECTIONS**  
**ADULT MALE GENERAL POPULATION: LEVEL 3 & 4**  
**WEEKLY TEMPORARY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

**Menu Week 2**

	Day 1	Meal #	Day 2	Meal #	Day 3	Meal #	Day 4	Meal #	Day 5	Meal #	Day 6	Meal #	Day 7	Meal #	
	MONDAY	20	TUESDAY	23	WEDNESDAY	26	THURSDAY	29	FRIDAY	32	SATURDAY	35	SUNDAY	37	
B	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG	
R	Refried Beans	3/4 Cup	Pancakes, 4"	3 Each	Scrambled Egg	3 WZ	Sausage Gravy	3/4 Cup	Pancakes, 4"	3 Each	Beverage	1 Cup	Beverage	1 Cup	
E			Syrup	2 FZ	Grilled Potatoes	1/2 Cup			Syrup	2 FZ	Cold Cereal	1 Cup	Cold Cereal	1 Cup	
A	Potatoes w/ Chorizo	1/2 Cup	Fried T Bologna	2 WZ	Wheat Bread	2 Slice	Grilled Potatoes	3/4 Cup			Scrambled Egg	4 WZ	T Ham	2 WZ	
K	Corn Tortillas	3 Each			Jelly	1 Tbsp	Biscuits	2 Each	Sausage Patty®	2 WZ	T Ham	2 WZ	Refried Beans	1/2 Cup	
F	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp			Margarine	2 tsp	Grilled Potatoes	1/2 Cup	Potatoes w/ Chorizo	1 Cup	
A	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Wheat Bread	2 Slice	Salsa	2 FZ	
S	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Peanut Butter & Jelly Mix	3 WZ	Shredded Cheese	1 WZ	
T	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Coffee	2 Cup	Corn Tortillas	3 Each	
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Coffee	2 Cup	Sugar Sub	2 Each	
		Meal # 21		Meal # 24		Meal # 27		Meal # 30		Meal # 33		Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	Stir Fry with Meat & Veg	1 Cup	Pasta with Meat Sauce	3/4 Cup	Burrito Mix (meat & bean)	1 Cup	Meat & Cheese Pizza	2 Slice	Sloppy Joe Mix	1/2 Cup	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	
L	Steamed Rice	3/4 Cup		1/2 Cup	Flour Tortillas	2 Each	(1/14)		on Wheat Bun	1 Each			Weekend Modified Meal	Weekend Modified Meal	
U	Green Beans	1/2 Cup	Mixed Vegetables	1/2 Cup	Carrots	1/2 Cup			Pasta Salad	1 Cup			Hours will be from:	Hours will be from:	
N			Tossed Salad with Dressing	3/4 Cup			Soup of Day	1 Cup					7:00 AM to 9:00 AM	7:00 AM to 9:00 AM	
C				1 FZ	Salsa	2 FZ			Coleslaw	1/2 Cup					
H	Biscuit Margarine	1 Each	Garlic Bread	2 Slice			Macaroni Salad	3/4 Cup							
	Pudding Beverage	1/2 Cup	Glazed Cake	1 Slice	Pudding	1/2 Cup	Pudding	1/2 Cup	Glazed Cake	1 Slice					
	Salt & Pepper Pkt	1 Each	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup					
		Meal # 22		Meal # 25		Meal # 28		Meal # 31		Meal # 34		Meal # 36		Meal # 38	
T	Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	Chili Macaroni Casserole	1 1/2 Cup	Burger Patty®	4 WZ	
	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ			Sliced Cheese	1/2 WZ	
D	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt			Scalloped Potatoes	3/4 Cup	
I	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice			Pickle Chips	2 Each	
N													Mixed Vegetables	1/2 Cup	
N													Ranch Beans	1 Cup	
E	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each			Pinto Beans	1 Cup	
R													Ketchup	1 FZ	
	Cookie Beverage	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each			Mustard	1 Tbsp	
		1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC			Wheat Bun	1 Each	
													Cookies	2 Each	
													Glazed Cake	1 Slice	
													Beverage	2 Cup	
													Salt & Pepper Pkt	1 Each	

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

\*Inmates housed in Detention Units (CDUs) will be served this menu with the following substitutions:  
Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup

**ARIZONA DEPARTMENT OF CORRECTIONS**  
**ADULT MALE GENERAL POPULATION: LEVEL 3 & 4**  
**WEEKLY TEMPORARY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

**Menu Week 3**

	Day 1	Meal #	Day 2	Meal #	Day 3	Meal #	Day 4	Meal #	Day 5	Meal #	Day 6	Meal #	Day 7	Meal #
	MONDAY	39	TUESDAY	42	WEDNESDAY	45	THURSDAY	48	FRIDAY	51	SATURDAY	54	SUNDAY	56
B	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG
R	Pancakes, 4"	3 Each	Scrambled Egg	3 WZ	Pancakes, 4"	3 Each	French Toast Bake	1/40 Slice	Refried Beans	3/4 Cup	Beverage	1 Cup	Beverage	1 Cup
E	Syrup	2 FZ	Grilled Potatoes	1/2 Cup	Syrup	2 FZ	Syrup	2 FZ	Corn Tortillas	3 Each	Cold Cereal	1 Cup	Cold Cereal	1 Cup
A	Sausage Patty®	2 WZ	Biscuits	2 Each	Sausage Patty®	2 WZ	Grilled Potatoes	1/2 Cup	Potatoes w/ Chorizo	1/2 Cup	Ground Meat & Potato Hash		Scrambled Egg	4 WZ
K	Jelly	1 Tbsp							Casserole	1 1/4 cup	Sausage Gravy	1 Cup		
F	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Wheat Bread	2 Slice	Grilled Potatoes	1 Cup
A	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Peanut Butter & Jelly Mix	3 WZ	Biscuits	2 Each
S	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	(2 oz PB/ 1 oz jelly)		Margarine	2 tsp
T	Beverage	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Coffee	2 Cup	Coffee	2 Cup
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Sugar Sub	2 Each	Sugar Sub	2 Each
	Meal # 40		Meal # 43		Meal # 46		Meal # 49		Meal # 52		Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	Pozole	1 1/2 Cup	T Sausage & Cheese Pizza	2 Slice	Roast Beef	3 WZ	Salisbury Patty®	4 WZ	Tamale Pie	1 Cup	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
	Pinto Beans	1 Cup	(1/14)		Brown Gravy	3 FZ	Brown Gravy	3 FZ	over Cornbread	1 Slice				
L	Corn	1/2 Cup			Mashed Potatoes	3/4 Cup	Herbed Noodles	3/4 Cup			Weekend Modified Meal		Weekend Modified Meal	
U	Shredded Cabbage	1/2 Cup	Carrots	1/2 Cup	Mixed Vegetables	1/2 Cup	Steamed Cabbage	1/2 Cup	Spanish Rice	1/2 Cup	Hours will be from:		Hours will be from:	
N			Pasta Salad	3/4 Cup					Pinto Beans	1 Cup				
C											7:00 AM to 9:00 AM		7:00 AM to 9:00 AM	
H	Flour Tortilla	2 Each			Wheat Bread	2 Slice	Wheat Bread	2 Slice						
					Margarine	2 tsp	Margarine	2 tsp	Salsa	2 FZ				
	Cookies	2 Each	Pudding	1/2 Cup	Glazed Cake	1 Slice	Glazed Cake	1 Slice	Cookies	2 Each				
	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup				
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each				
	Meal # 41		Meal # 44		Meal # 47		Meal # 50		Meal # 53		Meal # 55		Meal # 57	
	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	Baked Chicken	3 WZ	Poultry ala King	3/4 Cup
	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Poultry Gravy	3 FZ	with Rice	1 Cup
D	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mashed Potatoes	3/4 Cup		
I	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Bread Dressing	1 Cup		
N											Carrots	1/2 Cup	Mixed Vegetables	1/2 Cup
N													Coleslaw	3/4 Cup
E	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Wheat Dinner Roll	1 Each	Wheat Dinner Roll	1 Each
R											Margarine	2 tsp	Margarine	2 tsp
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Glazed Cake	1 Slice	Glazed Cake	1 Slice
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	2 Cup	Beverage	2 Cup
											Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

\*Inmates housed in Detention Units (CDUs) will be served this menu with the following substitutions:  
Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup

**ARIZONA DEPARTMENT OF CORRECTIONS  
ADULT MALE GENERAL POPULATION: LEVEL 3 & 4  
WEEKLY TEMPORARY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

Menu Week 4

	Day 1	Meal #	Day 2	Meal #	Day 3	Meal #	Day 4	Meal #	Day 5	Meal #	Day 6	Meal #	Day 7	Meal #
	MONDAY	58	TUESDAY	61	WEDNESDAY	64	THURSDAY	67	FRIDAY	70	SATURDAY	73	SUNDAY	75
B	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG
R	Pancakes, 4"	3 Each	Scrambled Egg	3 WZ	Sausage Gravy	3/4 Cup	Scrambled Egg	3 WZ	Pancakes, 4"	3 Each	Beverage	1 Cup	Beverage	1 Cup
E	Syrup	2 FZ	Grilled Potatoes	1/2 Cup			Grilled Potatoes	1/2 Cup	Syrup	2 FZ	Cold Cereal	1 Cup	Cold Cereal	1 Cup
A			Wheat Bread	2 Slice	Grilled Potatoes	3/4 Cup	Wheat Bread	2 Slice	Fried T Bologna	2 WZ	T Ham	2 WZ	Pancakes	4 Each
K	Sausage Patty®	2 WZ	Jelly	1 Tbsp	Biscuits	2 Each	Jelly	1 Tbsp	Refried Beans	3/4 Cup	Potatoes w/ Chorizo	1 Cup	Cheese Potato Hash	2 FZ
F	Margarine	2 tsp	Margarine	2 tsp			Margarine	2 tsp	Margarine	2 tsp	Salsa	2 FZ	Sausage Patty®	2 WZ
A	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Shredded Cheese	1 WZ		
S	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Corn Tortillas	3 Each	Margarine	2 tsp
T	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Coffee	2 Cup	Coffee	2 Cup
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Sugar Sub	2 Each	Sugar Sub	2 Each
	Meal #	59	Meal #	62	Meal #	65	Meal #	68	Meal #	71	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	Stir Fry with Meat & Veg	1 Cup	Stroganoff Potato Casserole	1 1/2 Cup	Oven Fried Chicken	3 WZ	Meat Loaf	4 WZ	Sloppy Joe Mix	1/2 Cup	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
					Chicken Gravy	3 FZ	Brown Gravy	3 FZ	on Wheat Bun	1 Each				
L	Steamed Rice	3/4 Cup	Mixed Vegetables	1/2 Cup	Mashed Potatoes	3/4 Cup	Steamed Rice	3/4 Cup	Macaroni Salad	1 Cup				
U					Green Beans	1/2 Cup	Broccoli	1/2 Cup	Coleslaw Vinaigrette	1/2 Cup				
N	Mixed Vegetables	1/2 cup	Tossed Salad	3/4 Cup										
C			with Dressing	1 FZ										
H	Biscuit	1 Each	Whet Dinner Roll	1 Each	Wheat Dinner Roll	1 Each	Wheat Bread	2 Slice						
	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp						
	Pudding	1/2 Cup	Pudding	1/2 Cup	Glazed Cake	1 Slice	Glazed Cake	1 Slice	Pudding	1/2 Cup				
	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup				
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each				
	Meal #	60	Meal #	63	Meal #	66	Meal #	69	Meal #	72	Meal #	74	Meal #	76
	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	Burger Patty®	4 WZ	Country Stew	1 1/2 Cup
	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Sliced Cheese	1/2 WZ	Steamed Rice	1 Cup
D	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Scalloped Potatoes	3/4 Cup		
I	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Ketchup	1 FZ	Ranch Beans	1 Cup
N											Pinto Beans	3/4 Cup	Mixed Vegetables	1/2 Cup
E	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Mustard	1 Tbsp		
R											Wheat Bun	1 Each	Cornbread	1 Slice
											Pickle Chips	2 Each	Margarine	2 tsp
											Glazed Cake	1 Slice	Pudding	1/2 Cup
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Beverage	2 Cup	Beverage	2 Cup
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each

\*Items designated by "EZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 CUP

\*Inmates housed in Detention Units (CDUs) will be served this menu with the following substitutions:  
Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup

**ARIZONA DEPARTMENT OF CORRECTIONS**  
**ADULT MALE GENERAL POPULATION: LEVEL 3 & 4**  
**WEEKLY TEMPORARY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

**Menu Week 5**

	Day 1 MONDAY	Meal # 77	Day 2 TUESDAY	Meal # 80	Day 3 WEDNESDAY	Meal # 83	Day 4 THURSDAY	Meal # 86	Day 5 FRIDAY	Meal # 89	Day 6 SATURDAY	Meal # 92	Day 7 SUNDAY	Meal # 94
B	Hot Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG								
R	French Toast Bake	1/40 Slice	Refried Beans	3/4 Cup	Pancakes, 4"	3 Each	Scrambled Egg	3 WZ	Pancakes, 4"	3 Each	Beverage	1 Cup	Beverage	1 Cup
E	Syrup	2 FZ			Syrup	2 FZ	Grilled Potatoes	1/2 Cup	Syrup	2 FZ	Cold Cereal	1 Cup	Cold Cereal	1 Cup
A	Grilled Potatoes	1/2 Cup	Potatoes w/ Chorizo	1/2 Cup	Sausage Patty®	2 WZ	Biscuits	2 Each	Sausage Patty®	2 WZ	T Ham & Potato Hash	1 1/4 cup	Pancakes, 4"	4 Each
K			Corn Tortillas	3 Each			Jelly	1 Tbsp			Casserole		Scrambled Egg	4 WZ
F	Margarine	2 tsp	Wheat Bread	2 Slice	T Ham	2 WZ								
A	Sugar Sub	2 Each	Peanut Butter & Jelly Mix	3 WZ										
S	Coffee	2 Cup	(2 oz PB/ 1 oz jelly)		Margarine	2 tsp								
T	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Coffee	2 Cup	Coffee	2 Cup
	Salt & Pepper Pkt	1 Each	Sugar Sub	2 Each	Sugar Sub	2 Each								
	Meal # 78		Meal # 81		Meal # 84		Meal # 87		Meal # 90		Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	Chicken or Turkey Salad	1/2 Cup	Meat Loaf	4 WZ	T-Hot Dogs	2 Each	T Sausage & Cheese Pizza	2 Slice	Green Chile Stew	3/4 Cup	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
			Brown Gravy	3 FZ	Ranch Beans	3/4 Cup		(1/14)	over Steamed Rice	3/4 Cup				
L	Pinto Beans	1 Cup	Mashed Potatoes	1 Cup	Wheat Bun	2 Each					Weekend Modified Meal		Weekend Modified Meal	
U			Broccoli	1/2 Cup	Diced Onions	1 tbsp	Mixed Vegetables	1/2 Cup	Refried Beans	1/2 Cup	Hours will be from:		Hours will be from:	
N	Carrots	1/2 Cup			Macaroni Salad	3/4 Cup	Pasta Salad	3/4 Cup	Coleslaw	1/2 Cup	7:00 AM to 9:00 AM		7:00 AM to 9:00 AM	
C	H	Wheat Bun	1 Each	Wheat Bread	2 Slice	Mustard	1 tbsp		Flour Tortillas	2 Each				
		Margarine	2 tsp	Ketchup	1 tbsp				Margarine	2 tsp				
	Glazed Cake	1 Slice	Pudding	1/2 Cup	Cookies	2 Each	Pudding	1/2 Cup	Glazed Cake	1 Slice				
	Beverage	2 Cup												
	Salt & Pepper Pkt	1 Each												
	Meal # 79		Meal # 82		Meal # 85		Meal # 88		Meal # 91		Meal # 93		Meal # 95	
	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	Burger Patty®	4 WZ	Pasta	3/4 Cup
D	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Sliced Cheese	1/2 WZ	with Meat Sauce	3/4 Cup
I	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Potato Salad	3/4 Cup		
N											Ranch Beans	1 Cup		
N	Wheat Bread	4 Slice	Onion Slices	1/2 WZ	Carrots	1/2 Cup								
E											Pickle Chips	2 Each	Tossed Salad	3/4 Cup
R	Snack of the Day	1 Each	Mustard	1 Tbsp	with Dressing	1 FZ								
	Cookie	1 Each	Wheat Bun	1 Each	Garlic Bread	2 Slice								
	Beverage	1 PC	Ketchup	1 Tbsp										
											Pudding	1/2 Cup	Glazed Cake	1 Slice
											Beverage	2 Cup	Beverage	2 Cup
											Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

\*Inmates housed in Detention Units (CDUs) will be served this menu with the following substitutions:  
Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup

**ARIZONA DEPARTMENT OF CORRECTIONS**  
**ADULT MALE GENERAL POPULATION: LEVEL 3 & 4**  
**WEEKLY TEMPORARY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

**Menu Week 6**

	Day 1 MONDAY	Meal # 96	Day 2 TUESDAY	Meal # 99	Day 3 WEDNESDAY	Meal # 102	Day 4 THURSDAY	Meal # 105	Day 5 FRIDAY	Meal # 108	Day 6 SATURDAY	Meal # 111	Day 7 SUNDAY	Meal # 113
<b>B</b>	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Hot Cereal	1 Cup	Fruit	1 SVG	Fruit	1 SVG
<b>R</b>	Scrambled Egg	3 WZ	Pancakes, 4"	3 Each	Ground Meat & Potato Hash		Sausage Gravy	3/4 Cup	Pancakes, 4"	3 Each	Beverage	1 Cup	Beverage	1 Cup
<b>E</b>	Grilled Potatoes	1/2 Cup	Syrup	2 FZ	Casserole	1 1/4 cup	Grilled Potatoes	3/4 Cup	Syrup	2 FZ	Cold Cereal	1 Cup	Cold Cereal	1 Cup
<b>A</b>	Wheat Bread	2 Slice	Sausage Patty®	2 WZ					Sausage Patty®	2 WZ	T Ham	2 WZ	Scrambled Egg	4 WZ
<b>K</b>	Jelly	1 Tbsp			Wheat Bread	2 Slice	Biscuits	2 Each			Potatoes w/ Chorizo	1 Cup	Grilled Potatoes	1/2 Cup
<b>F</b>	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Salsa	2 FZ	Wheat Bread	2 Slice
<b>A</b>	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Sugar Sub	2 Each	Shredded Cheese	1 WZ	Peanut Butter & Jelly Mix	3 WZ
<b>S</b>	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Coffee	2 Cup	Corn Tortillas	3 Each	(2 oz PB/ 1 oz jelly)	
<b>T</b>	Low Fat Milk	1 Cup	Beverage	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Beverage	1 Cup	Coffee	2 Cup	Coffee	2 Cup
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Sugar Sub	2 Each	Sugar Sub	2 Each
	Meal # 97		Meal # 100		Meal # 103		Meal # 106		Meal # 109		Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
	Taco Meat Mix	3 WZ	Poultry Fried Rice	1 1/4 Cup	Burrito Mix (Meat & Bean)	1 Cup	Baked Chicken	3 WZ	Salisbury Patty ®	4 WZ	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each
	Shredded Cheese	1/2 WZ			Flour Tortillas	2 Each	with BBQ Sauce	1 FZ	Brown Gravy	3 FZ				
	Corn Tortillas	2 Each			Spanish Rice	1/2 Cup	Ranch Beans	3/4 Cup	Mashed Potatoes	1 Cup				
<b>L</b>	Spanish Rice	1/2 Cup					Pasta Salad	3/4 Cup						
<b>U</b>	Refried Beans	1 Cup	Mixed Vegetables	1/2 Cup					Carrots	1/2 Cup	7:00 AM to 9:00 AM		7:00 AM to 9:00 AM	
<b>N</b>			Tossed Salad	3/4 Cup	Coleslaw	1/2 Cup								
<b>C</b>	Shredded Lettuce	1/4 Cup	with Dressing	1 FZ	Salsa	2 FZ								
<b>H</b>			Wheat Dinner Roll	1 Each			Wheat Dinner Roll	1 Each	Wheat Bread	2 Slice				
	Salsa	2 FZ	Margarine	2 tsp			Margarine	2 tsp	Margarine	2 tsp				
	Glazed Cake	1 Slice	Pudding	1/2 Cup	Glazed Cake	1 Slice	Pudding	1/2 Cup	Pudding	1/2 Cup				
	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup	Beverage	2 Cup				
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each				
	Meal # 98		Meal # 101		Meal # 104		Meal # 107		Meal # 110		Meal # 112		Meal # 114	
	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	Green Chili Stew	3/4 Cup	Chili Macaroni	1 1/2 Cup
	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	over Rice	1 Cup		
<b>D</b>	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt				
<b>I</b>	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Mixed Vegetables	1/2 Cup	Carrots	1/2 Cup
<b>N</b>											Ranch Beans	1 Cup	Pinto Beans	1 Cup
<b>E</b>	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Corn Tortillas	2 Each	Cornbread	1 Slice
<b>R</b>											Margarine	2 tsp	Margarine	2 tsp
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Glazed Cake	1 Slice	Cookies	2 Each
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	2 Cup	Beverage	2 Cup
											Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each

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Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

\*Inmates housed in Detention Units (CDUs) will be served this menu with the following substitutions:  
Vegetables 1/2 cup OR Beans 1/2 cup in place of Hot Soup

**ARIZONA DEPARTMENT OF CORRECTIONS  
ADULT MALE POPULATION LEVEL 5  
WEEKLY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

**Menu Week 1**

Day 1		Meal #	Day 2	Meal #	Day 3	Meal #	Day 4	Meal #	Day 5	Meal #	Day 6	Meal #	Day 7	Meal #	
	MONDAY	1	TUESDAY	4	WEDNESDAY	7	THURSDAY	10	FRIDAY	13	SATURDAY	16	SUNDAY	18	
B	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	
R	Egg, boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, boiled	1 Each	
E	Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ	
A	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	
K	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	6 Slice	Wheat Bread	6 Slice	
F	Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each					
A	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	
S	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	
	Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each	
	Meal # 2		Meal # 5		Meal # 8		Meal # 11		Meal # 14						
L	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Ham	3 WZ	T Bologna	3 WZ	
	Peanut Butter & Jelly Mi	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Sliced Cheese	1 WZ			
N	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	
C	U	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Salad Dressing	1 Pkt	Salad Dressing	2 Pkt
H	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC					
	Meal # 3		Meal # 6		Meal # 9		Meal # 12		Meal # 15		Meal # 17		Meal # 19		
D	Chili con Carne	3/4 Cup	Pasta with Meat Sauce	3/4 Cup	Stroganoff Potato Casserole	1 1/4 Cup	Baked Chicken	3 WZ	Yakisoba Casserole	1 1/2 Cup	Jambalaya	1 1/2 Cup	Salisbury Patty ®	4 WZ	
	Steamed Rice	1/2 Cup		1/2 Cup			Country Gravy	3 FZ					Brown Gravy	3 FZ	
N	Shredded Cheese	1/2 WZ					Mashed Potatoes	3/4 Cup					Mashed Potatoes	1 Cup	
I	Broccoli	1/2 Cup	Green Beans	1/2 Cup	Mixed Vegetables	1/2 Cup	Steamed Cabbage	1/2 Cup	Broccoli	1/2 Cup	Carrots	1/2 Cup	Green Beans	1/2 Cup	
N			Tossed Salad with Dressing	3/4 Cup	Tossed Salad with Dressing	3/4 Cup					Pinto Beans	1 Cup			
E	Cornbread	1 Slice	Garlic Bread	2 Slice	Wheat Dinner Roll	1 Each	Wheat Dinner Roll	1 Each	Wheat Dinner Roll	1 Each	Biscuit	1 Each	Wheat Bread	2 Slice	
R	Margarine	2 tsp			Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	
	Glazed Cake	1 Slice	Glazed Cake	1 Slice	Pudding	1/2 Cup	Cookies	2 Each	Glazed Cake	1 Slice	Pudding	1/2 Cup	Glazed Cake	1 Slice	
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

**ARIZONA DEPARTMENT OF CORRECTIONS  
ADULT MALE POPULATION LEVEL 5  
WEEKLY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

Menu Week 2

	Day 1	Meal #	Day 2	Meal #	Day 3	Meal #	Day 4	Meal #	Day 5	Meal #	Day 6	Meal #	Day 7	Meal #
	MONDAY	20	TUESDAY	23	WEDNESDAY	26	THURSDAY	29	FRIDAY	32	SATURDAY	35	SUNDAY	37
B	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup
R	Peanut Butter & Jelly Mix	3 WZ	Egg, boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ
E			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ		
A	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice
K	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	6 Slice	Wheat Bread	6 Slice
F			Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each						
A	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
S	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each
			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each		
	Meal # 21		Meal # 24		Meal # 27		Meal # 30		Meal # 33					
L	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Bologna	3 WZ	Sliced Turkey	3 WZ
N	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mi	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ			Sliced Cheese	1 WZ
C	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt			Mustard	1 Pkt
H	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Salad Dressing	2 Pkt	Mustard	1 Pkt
	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC				
	Meal # 22		Meal # 25		Meal # 28		Meal # 31		Meal # 34		Meal # 36		Meal # 38	
D	Stir Fry with Meat & Veg	1 Cup	Pasta with Meat Sauce	3/4 Cup 1/2 Cup	Burrito Mix (meat & bean)	1 Cup	Meat & Cheese Pizza	2 Slice	Sloppy Joe Mix on Wheat Bun	1/2 Cup	Chili Macaroni Casserole	1 1/2 Cup	Burger Patty ®	4 WZ
I	Steamed Rice	3/4 Cup	Mixed Vegetables	1/2 Cup	Flour Tortillas	2 Each	(1/14)		Pasta Salad	1 Cup			Sliced Cheese	1/2 WZ
N	Green Beans	1/2 Cup	Tossed Salad with Dressing	1/2 Cup 3/4 Cup	Spanish Rice	1/2 Cup	Carrots	1/2 Cup					Scalloped Potatoes	3/4 Cup
N													Pickle Chips	2 Each
E	Biscuit	1 Each	Garlic Bread	2 Slice	Salsa	2 FZ	Carrots	1/2 Cup	Coleslaw	1/2 Cup	Mixed Vegetables	1/2 Cup	Pinto Beans	1 Cup
R	Margarine	2 tsp									Ranch Beans	1 Cup	Ketchup	1 FZ
	Pudding	1/2 Cup	Glazed Cake	1 Slice	Pudding	1/2 Cup	Pudding	1/2 Cup			Combread	1 Slice	Mustard	1 Tbsp
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC			Margarine	2 tsp	Wheat Bun	1 Each
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Cookies	2 Each	Glazed Cake	1 Slice
											Beverage	1 PC	Beverage	1 PC
											Salt & Pepper Pkt	1 Each	Beverage	1 PC

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

**ARIZONA DEPARTMENT OF CORRECTIONS  
ADULT MALE POPULATION LEVEL 5  
WEEKLY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

Menu Week 3

	Day 1	Meal #	Day 2	Meal #	Day 3	Meal #	Day 4	Meal #	Day 5	Meal #	Day 6	Meal #	Day 7	Meal #
	MONDAY	39	TUESDAY	42	WEDNESDAY	45	THURSDAY	48	FRIDAY	51	SATURDAY	54	SUNDAY	56
B	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup
R	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each
E	Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ
A	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ
K	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	6 Slice	Wheat Bread	6 Slice
F	Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each				
A	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
S	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each
	Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each
	Meal # 40		Meal # 43		Meal # 46		Meal # 49		Meal # 52					
L	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Ham	3 WZ	T Bologna	3 WZ
U	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Sliced Cheese	1 WZ		
N	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt
C	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	1 Pkt	Mustard	1 Pkt
H	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC
	Meal # 41		Meal # 44		Meal # 47		Meal # 50		Meal # 53		Meal # 55		Meal # 57	
D	Pozole	1 1/2 Cup	T Sausage & Cheese Pizza (1/14)	2 Slice	Roast Beef	3 WZ	Salisbury Patty®	4 WZ	Tamale Pie	1 Cup	Baked Chicken	3 WZ	Poultry ala King	3/4 Cup
I	Pinto Beans	1 Cup			Brown Gravy	3 FZ	Brown Gravy	3 FZ	over Cornbread	1 Slice	Poultry Gravy	3 FZ	with Rice	1 Cup
N	Corn	1/2 Cup			Mashed Potatoes	3/4 Cup	Herbed Noodles	3/4 Cup			Mashed Potatoes	3/4 Cup		
N	Shredded Cabbage	1/2 Cup	Carrots	1/2 Cup	Mixed Vegetables	1/2 Cup	Steamed Cabbage	1/2 Cup	Spanish Rice	1/2 Cup	Carrots	1/2 Cup	Mixed Vegetables	1/2 Cup
E	Flour Tortilla	2 Each	Pasta Salad	3/4 Cup					Pinto Beans	1 Cup			Coleslaw	3/4 Cup
R					Wheat Bread	2 Slice	Wheat Bread	2 Slice			Wheat Dinner Roll	1 Each	Wheat Dinner Roll	1 Each
					Margarine	2 tsp	Margarine	2 tsp	Salsa	2 FZ	Margarine	2 tsp	Margarine	2 tsp
	Cookies	2 Each	Pudding	1/2 Cup	Glazed Cake	1 Slice	Glazed Cake	1 Slice	Cookies	2 Each	Glazed Cake	1 Slice	Glazed Cake	1 Slice
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

**ARIZONA DEPARTMENT OF CORRECTIONS  
ADULT MALE POPULATION LEVEL 5  
WEEKLY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

**Menu Week 4**

	<b>Day 1</b>	<b>Meal #</b>	<b>Day 2</b>	<b>Meal #</b>	<b>Day 3</b>	<b>Meal #</b>	<b>Day 4</b>	<b>Meal #</b>	<b>Day 5</b>	<b>Meal #</b>	<b>Day 6</b>	<b>Meal #</b>	<b>Day 7</b>	<b>Meal #</b>	
	<b>MONDAY</b>	<b>58</b>	<b>TUESDAY</b>	<b>61</b>	<b>WEDNESDAY</b>	<b>64</b>	<b>THURSDAY</b>	<b>67</b>	<b>FRIDAY</b>	<b>70</b>	<b>SATURDAY</b>	<b>73</b>	<b>SUNDAY</b>	<b>75</b>	
B	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	
R	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	
E			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			
A	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	
K	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	6 Slice	Wheat Bread	6 Slice	
F			Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each							
A	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	
S	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	
			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			
	<b>Meal # 59</b>		<b>Meal # 62</b>		<b>Meal # 65</b>		<b>Meal # 68</b>		<b>Meal # 71</b>						
L	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	3 WZ	T Ham	3 WZ	
	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ			Sliced Cheese	1 WZ	
N	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt			Mustard	1 Pkt	
C	U	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Salad Dressing	2 Pkt	Salad Dressing	1 Pkt
H	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC					
	<b>Meal # 60</b>		<b>Meal # 63</b>		<b>Meal # 66</b>		<b>Meal # 69</b>		<b>Meal # 72</b>		<b>Meal # 74</b>		<b>Meal # 76</b>		
D	Stir Fry with Meat & Veg	1 Cup	Stroganoff Potato Casserole	1 1/2 Cup	Oven Fried Chicken	3 WZ	Meat Loaf	4 WZ	Sloppy Joe Mix	1/2 Cup	Burger Patty ®	4 WZ	Country Stew	1 1/2 Cup	
I	Steamed Rice	3/4 Cup	Mixed Vegetables	1/2 Cup	Chicken Gravy	3 FZ	Brown Gravy	3 FZ	on Wheat Bun	1 Each	Sliced Cheese	1/2 WZ	Steamed Rice	1 Cup	
N	Mixed Vegetables	1/2 cup	Tossed Salad with Dressing	3/4 Cup	Mashed Potatoes	3/4 Cup	Steamed Rice	3/4 Cup	Macaroni Salad	1 Cup	Scalloped Potatoes	3/4 Cup			
N				1 FZ	Green Beans	1/2 Cup	Broccoli	1/2 Cup	Coleslaw Vinegrette	1/2 Cup	Ketchup	1 FZ	Ranch Beans	1 Cup	
E	Biscuit	1 Each	Whet Dinner Roll	1 Each	Wheat Dinner Roll	1 Each	Wheat Bread	2 Slice			Pinto Beans	3/4 Cup	Mixed Vegetables	1/2 Cup	
R	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp			Mustard	1 Tbsp			
	Pudding	1/2 Cup	Pudding	1/2 Cup	Glazed Cake	1 Slice	Glazed Cake	1 Slice	Pudding	1/2 Cup	Wheat Bun	1 Each	Cornbread	1 Slice	
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Pickle Chips	2 Each	Margarine	2 tsp	
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Glazed Cake	1 Slice	Pudding	1/2 Cup	
										1 PC	Beverage	1 PC	Beverage	1 PC	
										1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	

\*Items designated by "FZ" are volume measurements. \*Items designated by "WZ" are weighted measurements.

R = Raw, uncooked portion

Fruit 1 serving = 1/2 cup canned fruit or 1 piece fresh fruit

Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

Beverage 1 PC = 1 cup

**ARIZONA DEPARTMENT OF CORRECTIONS  
ADULT MALE POPULATION LEVEL 5  
WEEKLY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

**Menu Week 5**

	<b>Day 1</b>	<b>Meal #</b>	<b>Day 2</b>	<b>Meal #</b>	<b>Day 3</b>	<b>Meal #</b>	<b>Day 4</b>	<b>Meal #</b>	<b>Day 5</b>	<b>Meal #</b>	<b>Day 6</b>	<b>Meal #</b>	<b>Day 7</b>	<b>Meal #</b>	
	<b>MONDAY</b>	<b>77</b>	<b>TUESDAY</b>	<b>80</b>	<b>WEDNESDAY</b>	<b>83</b>	<b>THURSDAY</b>	<b>86</b>	<b>FRIDAY</b>	<b>89</b>	<b>SATURDAY</b>	<b>92</b>	<b>SUNDAY</b>	<b>94</b>	
B	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup	
R	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each	
E	Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ			Sliced Cheese	1 WZ	
A	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	
K	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	6 Slice	Wheat Bread	6 Slice							
F	Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each			Salad Dressing Pkt	1 Each					
A	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	
S	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each							
	Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each	
	<b>Meal # 78</b>		<b>Meal # 81</b>		<b>Meal # 84</b>		<b>Meal # 87</b>		<b>Meal # 90</b>						
L	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	3 WZ	T Bologna	3 WZ	
U	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Sliced Cheese	1 WZ			
N	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	
C	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Salad Dressing	1 Pkt	Salad Dressing	2 Pkt							
H	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each							
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each							
	Beverage	1 PC	Beverage	1 PC											
	<b>Meal # 79</b>		<b>Meal # 82</b>		<b>Meal # 85</b>		<b>Meal # 88</b>		<b>Meal # 91</b>		<b>Meal # 93</b>		<b>Meal # 95</b>		
D	Chicken or Turkey Salad	1/2 Cup	Meat Loaf	4 WZ	T-Hot Dogs	2 Each	T Sausage & Cheese Pizza	2 Slice	Green Chile Stew	3/4 Cup	Burger Patty ®	4 WZ	Pasta	3/4 Cup	
I	Pinto Beans	1 Cup	Brown Gravy	3 FZ	Ranch Beans	3/4 Cup	(1/14)		over Steamed Rice	3/4 Cup	Sliced Cheese	1/2 WZ	with Meat Sauce	3/4 Cup	
N	Carrots	1/2 Cup	Mashed Potatoes	1 Cup	Wheat Bun	2 Each					Potato Salad	3/4 Cup			
N	E	Wheat Bun	1 Each	Broccoli	1/2 Cup	Diced Onions	1 tbsp	Mixed Vegetables	1/2 Cup	Refried Beans	1/2 Cup	Ranch Beans	1 Cup		
R	Glazed Cake	1 Slice	Margarine	2 tsp	Macaroni Salad	3/4 Cup	Pasta Salad	3/4 Cup	Coleslaw	1/2 Cup	Onion Slices	1/2 WZ	Carrots	1/2 Cup	
	Beverage	1 PC	Pudding	1/2 Cup	Cookies	2 Each	Pudding	1/2 Cup	Flour Tortillas	2 Each	Pickle Chips	2 Each	Tossed Salad	3/4 Cup	
	Salt & Pepper Pkt	1 Each	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Margarine	2 tsp	Mustard	1 Tbsp	with Dressing	1 FZ	
			Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Flour Tortillas	2 Each	Garlic Bread	2 Slice			
									Margarine	2 tsp	Ketchup	1 Tbsp			

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Snack of the Day items that can be served: Chips 1/2 oz, Pretzels 1/2 oz, Popcorn 1 cup, or other snack items approved by ADOC

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**ARIZONA DEPARTMENT OF CORRECTIONS  
ADULT MALE POPULATION LEVEL 5  
WEEKLY CYCLE MENUS**

ADC Contract No. 120094DC

December 3, 2018

**Menu Week 6**

	Day 1	Meal #	Day 2	Meal #	Day 3	Meal #	Day 4	Meal #	Day 5	Meal #	Day 6	Meal #	Day 7	Meal #
	MONDAY	96	TUESDAY	99	WEDNESDAY	102	THURSDAY	105	FRIDAY	108	SATURDAY	111	SUNDAY	113
B	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cereal Bar	1 Each	Cold Cereal	1 Cup	Cold Cereal	1 Cup	Cold Cereal	1 Cup
R	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, Boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ	Egg, boiled	1 Each	Peanut Butter & Jelly Mix	3 WZ
E	Sliced Cheese	1 WZ					Sliced Cheese	1 WZ			Sliced Cheese	1 WZ		
A	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice	T Ham	2 WZ	Coffee Cake	1 Slice
K	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	2 Slice	Wheat Bread	6 Slice	Wheat Bread	6 Slice
F	Salad Dressing Pkt	1 Each					Salad Dressing Pkt	1 Each						
A	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Beverage	1 PC	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup	Low Fat Milk	1 Cup
S	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each	Coffee Pkt	1 Each
			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each			Salt & Pepper Pkt	1 Each		
	Meal #	97	Meal #	100	Meal #	103	Meal #	106	Meal #	109				
L	T Ham	2 WZ	T Salami	2 WZ	T Bologna	2 WZ	T Ham	2 WZ	T Salami	2 WZ	Sliced Turkey	3 WZ	T Bologna	3 WZ
U	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ	Peanut Butter & Jelly Mix	2 WZ			Sliced Cheese	1 WZ
N	Salad Dressing	1 Pkt	Mustard	1 Pkt	Mustard	1 Pkt	Salad Dressing	1 Pkt	Mustard	1 Pkt			Mustard	1 Pkt
C	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice	Wheat Bread	4 Slice			Salad Dressing	2 Pkt
H	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each	Snack of the Day	1 Each			Snack of the Day	1 Each
	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each	Cookie	1 Each			Cookie	1 Each
	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC	Beverage	1 PC			Cookie	1 Each
	Meal #	98	Meal #	101	Meal #	104	Meal #	107	Meal #	110	Meal #	112	Meal #	114
D	Taco Meat Mix	3 WZ	Poultry Fried Rice	1 1/4 Cup	Burrito Mix (Meat & Bean)	1 Cup	Baked Chicken	3 WZ	Salisbury Patty ®	4 WZ	Green Chili Stew	3/4 Cup	Chili Macaroni	1 1/2 Cup
I	Shredded Cheese	1/2 WZ			Flour Tortillas	2 Each	with BBQ Sauce	1 FZ	Brown Gravy	3 FZ	over Rice	1 Cup		
N	Corn Tortillas	2 Each			Spanish Rice	1/2 Cup	Ranch Beans	3/4 Cup	Mashed Potatoes	1 Cup				
N	Spanish Rice	1/2 Cup					Pasta Salad	3/4 Cup	Carrots	1/2 Cup	Mixed Vegetables	1/2 Cup	Carrots	1/2 Cup
E	Refried Beans	1 Cup	Mixed Vegetables	1/2 Cup							Ranch Beans	1 Cup	Pinto Beans	1 Cup
R	Shredded Lettuce	1/4 Cup	Tossed Salad with Dressing	1 FZ	Coleslaw	1/2 Cup								
	Salsa	2 FZ	Wheat Dinner Roll	1 Each	Salsa	2 FZ	Wheat Dinner Roll	1 Each	Wheat Bread	2 Slice	Corn Tortillas	2 Each	Cornbread	1 Slice
	Glazed Cake	1 Slice	Margarine	2 tsp			Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp	Margarine	2 tsp
	Beverage	1 PC	Beverage	1 PC	Beverage	2 Cup	Pudding	1/2 Cup	Pudding	1/2 Cup	Glazed Cake	1 Slice	Cookies	2 Each
	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Beverage	2 Cup	Beverage	2 Cup	Beverage	1 PC	Beverage	1 PC
							Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each	Salt & Pepper Pkt	1 Each

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Beverage 1 PC = 1 cup